MASS. EA10.2:UN 4

Universal Access

Outdoor Recreation Opportunities for People of all Abilities

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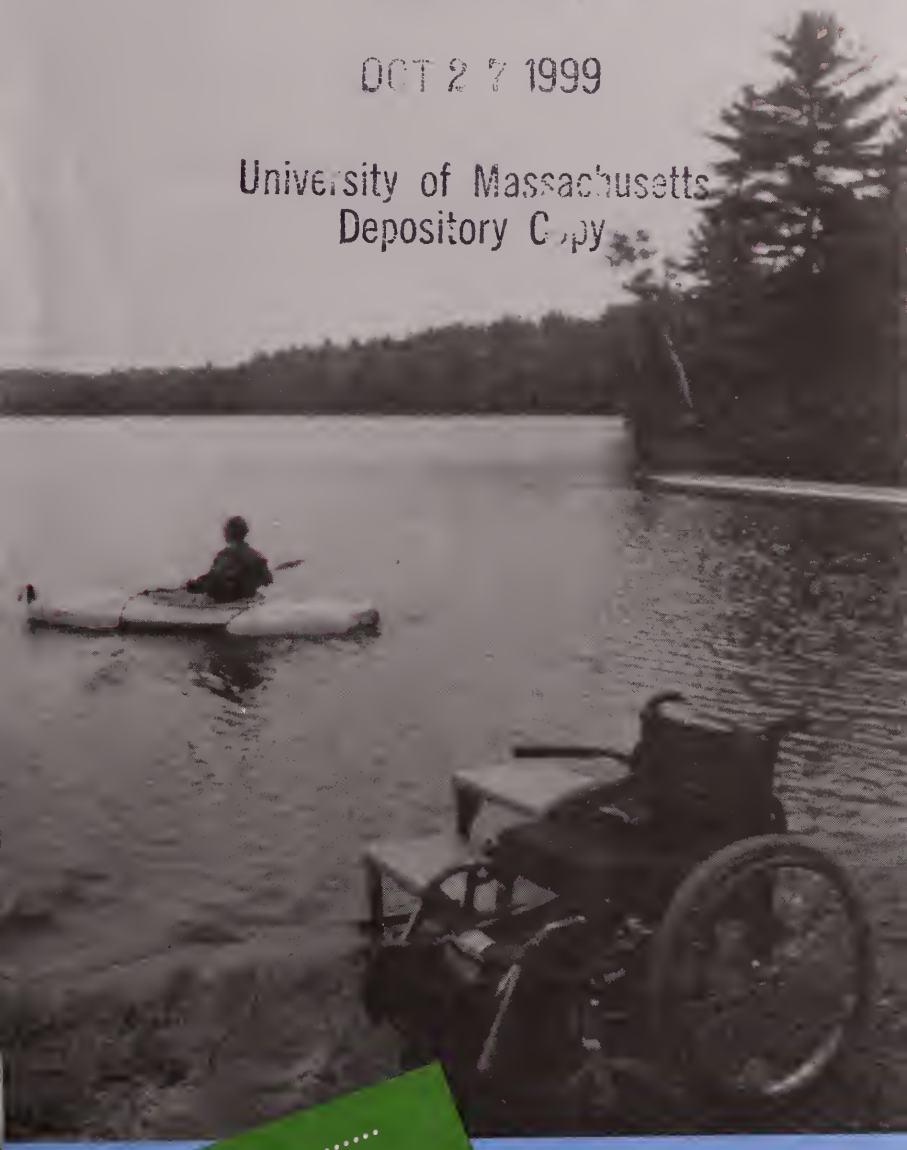

WHAT IS INSIDE.....
- Water Based Recreation
- Land Based Recreation
- Winter Recreation
- Assisted Listening
- Park Directions

Massachusetts State Forests and Parks
Department of Environmental Management

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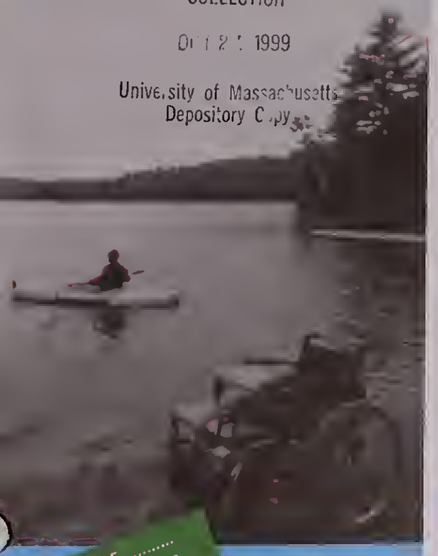

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Massachusetts State Forests and Parks Department of Environmental Management

Welcome to the Massachusetts State Forests and Parks system. With more than 285,000 acres of property in its care, the Massachusetts State Forests and Parks system is one of the largest state park systems in the nation and offers a universal access program that is second to none.

The Department of Environmental Management's (DEM) Universal Access Program is dedicated to providing outdoor recreation opportunities in Massachusetts state forests and parks for visitors of all abilities. The office concentrates its efforts on landscape and structural improvements, providing specialized adaptive recreation equipment, and conducting accessible recreation programs.

This brochure highlights the state forests and parks that offer the very best accommodations for visitors who are interested in outdoor recreation, but can not take access for granted. Please contact our office for copies of this brochure on audio cassette, large print or braille. For more information or to receive a free copy of the newsletter that highlights the most recent developments in outdoor recreation at the state parks, contact:

Universal Access Program
Department of Environmental Management
PO Box 484
Amherst, MA 01004
413-545-5353 Voice 413-577-2200 TTY

Argeo Paul Cellucci, Governor
Trudy Coxe, Secretary
Peter C. Webber, Commissioner

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Accessible Outdoor Recreation Opportunities

Water Based Recreation

Swimming, Sand and Sunbathing

Beach Wheelchairs are made of PVC pipe and feature an umbrella, fishing rod holder, a movable arm for transfer, and large balloon tires for travel across sand to the water. No fee to use - bring someone to push the chair. Reservations are sometimes required and always recommended.

*Self-Propellable 8each Wheelchairs offer the possibility of independent use for people with strong upper body ability. They feature an umbrella, ratcheting handles, and can also be used as a push chair.

Available at:

Beartown State Forest
Carroll Holmes Recreation Area*
Chicopee Memorial State Park
Cochituate State Park
D.A.R. State Forest
Douglas State Forest
Dunn Pond State Park
Halibut Point State Park*
Hampton Ponds State Park
Harold Parker State Forest
Hopkinton State Park*
Horseneck Beach State Reservation* (Both types of chairs available)
Lake Dennison State Recreation Area
Massasoit State Park
Nickerson State Park
Salisbury 8each State Reservation
Scusset Beach State Reservation* (Both chairs available)
South Cape Beach State Park
Walden Pond State Reservation

Constructed wheelchair accessible site features include:

Ashland State Park: Concrete platform with seating at water's edge. Steps and ramp, both with handrails, lead into water.

8radley Palmer State Park: Gradual slope allows easy entry for wheel chair users at the wading pool.

Dunn Pond State Park: Concrete ramp with steps and handrails allows wheelchair users to cross beach, transfer, and sit-step down into the water.

Erving State Forest: Ramp with handrails enables visitors who use wheelchairs to cross the beach and descend gradually into the lake.

Outdoor Swimming Pool Lifts are available at all of DEM's 20 state managed swimming pools. The pools are free. Contact pool directly for information about other site factors affecting accessibility.

Agawam, Gerald J. Mason Memorial Pool, Armory Street (413)786-6254

Attleboro, George Spatcher Pool, North Avenue, (508)226-1062

Brockton, Frank Manning Memorial Pool, Forest Avenue (508)588-2562

Chicopee, Sara Jane Sherman Memorial Pool, Meadow Street (413)594-5376

Clinton, Philip Weihn Memorial Pool, Route 110, (978)365-4684

Fall River, Veteran's Memorial Pool, Eastern Avenue (508)679-8830

Fitchburg, Gustave Johnson Memorial Pool, 35 Wanoosnock Ave (978)342-6510

Holyoke, Feldman Pool, St. Kolbe Drive (413)533-8509

Lawrence, Geisler Memorial Pool, 50 High Street (978)687-1024

Lawrence, Lt. Col. Edward J. Higgins Pool, Crawford Street (978)687-0393

Leominster, Leominster State Pool, Viscoloid Avenue (978)537-8268

Lowell, Raymond Lord Memorial Pool, Fletcher Street (978)459-7370

Ludlow, John J. Thompson Memorial Pool, Highland Avenue (413)583-2504

Milford, Sen. P. Eugene Casey Memorial Pool, Route 140, (508)473-5998

Southbridge, Andrew J. Petro Memorial Pool, Gilbrater Field, Randolph Street (508)764-7342

South Hadley, 8uttery 8rook Memorial Pool, Route 33/ Williamansett Street (413)533-8634

Springfield, John Thomas Memorial Pool, 8lunt Park Road, (413)736-7699

Westfield, Westfield Veterans Memorial Pool, Smith Avenue (413)568-8845

Worcester, Bennett Field Pool, 1260 Main Street (508)792-5515

Worcester, Dennis Shine Memorial Pool, 184 Providence St. (508)792-0727

Kayaking

Kayak Program offers equipment and instruction free of charge for flatwater kayaking. Call the Universal Access Office for more information and other locations.

D.A.R. State Forest

Paddleboat featuring a hand cranking mechanism, with entry off an accessible floating dock. Fee for use.

Dunn State Park

Rowing

Rowing Program utilizes adaptive rowing shells and volunteer instruction to make the joys of being on the river accessible to all. No fee. For information and registration call the Universal Access Program Office.

Connecticut River Greenway State Park, Elwell Recreation Area
Lowell Heritage State Park, Merrimack River

Photo by Kindro Clineff

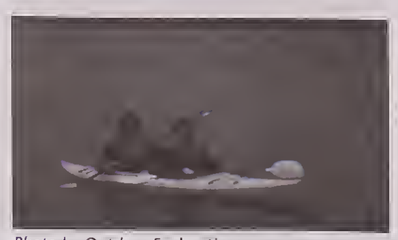

Photo by Outdoor Explorations

Photo by Kindro Clineff

Photo by Moribeth Dawkins

Fishing

Fishing piers are located at the following sites:

D.A.R. State Forest
Dunn Pond State Park
Hopkinton State Park
Mt. Tom State Reservation
Nickerson State Park
Quinsigamond State Park at Regatta Point
Scusset Beach State Reservation

Land Based Recreation

Cabins are available for rent year round. Reservations and fee of $8 - $10 per night are required.

Mohawk Trail State Forest
Savoy Mountain State Forest

Cycling

Handcycles are multiple speed large tricycles with quad cuff hand grips propelled by hands, arms, and upper body. Available at concessions for rental use at the following sites:

Cape Cod Rail Trail, 8rewster
(508) 896-8200

Norwottuck Rail Trail, Hadley
(413) 584-4466

Wompatuck State Park, Hingham
(781) 878-0210 (weekends only)

Photo by Kindro Clineff

Camping

Camping has been made more accessible to wheelchair users with designated hard-packed level sites featuring pedestal grills and accessible picnic tables at the following sites. Fees range from $6 - $11 per night. Reservations are accepted.

DAR State Forest
Harold Parker State Forest
Horseneck 8each State Reservation
Massasoit State Park
Mohawk Trail State Forest
Nickerson State Park
October Mountain State Forest
Salisbury Beach State Reservation
Savoy Mountain State Forest
Scusset 8each State Reservation
Wompatuck State Park

Photo by Moribeth Dowkins

GENERAL INFORMATION

Fees: Vehicles bearing a disabled user license plate, placard or disabled veterans plate, and all occupants of the vehicle, are exempt from the $2.00 a day parking fee where applicable. All other fees are consistent with regular user fees. (Fees are based on 1997 rates and are subject to change)

Contact:
DEM Office of Universal Access
(413)545-5353 or TTY (413)577-2200
DEM Office of Public Information
(617)727-3180 x500
DEM toll Free in Massachusetts (800)831-0569
Internet www.state.ma.us/dem
Mass.Parks@state.ma.us

Braille

Large Print

Many DEM Publications are available on **audio cassette** (including this brochure). Recorded tours of various indoor and outdoor park walks are also available. Call the Universal Access Office to receive a list of recordings and request tapes.

The general Forests and Parks brochure and this Universal access brochure are available in **Braille and Large Print** from the Universal Access Office.

Hiking

Hiking is becoming more accessible in state parks. There are two catagories of trails, Accessible and Assessed. Accessible Trails are either paved or made from stonedust and are generally 1/4 to 3/4 miles in length. Assessed Trails are unimproved hiking trails and offer a more rugged experience. Maps have been designed to provide information on grades, cross slopes, trail surfaces and obstacles. Generally the assessed trails are 1/2 to 2 miles in length.

Accessible Trails
(Constructed for Universal Accessibility)

Ashland State Park
A quarter mile paved trail runs from parking lot to the reservoir and offers great views and benches.

D.A.R. State Forest
Features a 1/2 mile stabilized stonedust trail that travels through the woods alongside Upper Highland lake. Includes benches, fishing pier great views.

Dunn Pond State Park
Features a 3/4 mile stonedust trail that leads through the forest.

Mt. Tom State Reservation
Features a 1/2 mile loop trail that winds along a section of Lake 8ray and rambles through the forest and a large clearing. Includes fishing pier.

Pittsfield State Forest
A paved 3/4 mile trail known as the "Tranquility Trail" winds through the woods and crosses a brook. Taped audio tour available at park headquarters for visitors with visual impairments.

Savoy Mountain State Forest
A quarter mile of stabilized stonedust trail travels through woods and skirts the lake. Offers benches and views.

Scusset 8each State Reservation
A 7.5 mile paved walkway runs along the Cape Cod Canal and offers a fishing pier.

Assessed Trails (Contact park or Universal Access Office for trail maps)

8orderland State Park
Three miles of a wide and hardpacked trail loop that has minimal grades. This quiet woods trail was once used as a carriage road and offers a relatively easy excursion through the forest provides views of Leach Pond.

Dunn Pond State Park
One mile loop around pond with stairs. Substantial grades and unramped bridges. Access from 8etty Springs Road for best accessibility to fishing pier. Easy hike to peninsula.

Photo by Kindra Clineff

D.A.R. State Forest
One mile loop along lake and through woods. Half the trail is rugged with rocks, roots, cross slopes and grades.

Mt. Tom State Reservation
One mile loop around Lake 8ray starts extends from the accessible trail and offers a very rugged hiking experience.

Robinson State Park
Half of a mile of the trail is naturally accessible near the Westfield River. There is the option to travel up a gradual incline to a small waterfall.

Picnicking

Picnic sites featuring wheelchair accessible tables and pedestal grills are located at:

Ashland State Park
D.A.R. State Forest
Dunn Pond State Park
Fort Phoenix State Reservation
Horseneck Beach State Reservation
Mohawk Trail State Forest
Nickerson State Park
Pittsfield State Forest
Streeter Point Recreation Area
Wachusett Mountain State Reservation
Western Gateway Heritage State Park

Scenic Mountaintop Views accessible by automobile in spring, summer, and fall include:

Mt. Greylock State Reservation
Mt. Sugarloaf State Reservation
Mt. Tom State Reservation
Pittsfield State Forest
Wachusett Mountain State Reservation

Winter Recreation

Cross Country Skiing

Cross Country Skiing provides sit-skis and stand-ski volunteers who assist sit-skiers as needed and train friends and family members in assistive techniques. Call the following parks directly to reserve skis, and schedule lessons and assistance. No fee.

D.A.R. State Forest
Wendell State Forest

Ice Skating

Ice sleds are seated ice skates propelled by arms with the use of short hockey sticks. Scandinavian kicksleds are wooden chairs on long runners designed to be propelled by someone who runs behind the chair and pushes it across ice and snow. Call the Universal Access Office for a seasonal update on ice sled and kicksled locations.

Dunn Pond State Park, D.A.R. State Forest

Photo by Jon Crispin

Assisted Listening Options

Assisted Listening Equipment helps provide better hearing access at park programs. Portable FM listening systems are used for both indoor and outdoor tours. Currently 50 parks feature this equipment during the summer and the following parks have this equipment available year round:

Borderland State Park
Fall River Heritage State Park
Holyoke Heritage State Park
Lawrence Heritage State Park
Lowell Heritage State Park
Lynn Heritage State Park
Wachusett Mountain State Reservation
Walden Pond State Reservation
Western Gateway Heritage State Park

TTYs/TDDs

TTYs/TDDs enable deaf or speech impaired callers to contact the following parks directly:

8orderland State Park
Holyoke Heritage State Park
Lawrence Heritage State Park
Lowell Heritage State Park
Western Gateway Heritage State Park

American Sign Language

ASL and other forms of interpretation for people who are deaf is available by request for park programs by calling (413)-577-2200 TTY. TTY users may also use this number to inquire about park programs and general information.

PARK DIRECTIONS from Boston

If you are planning on visiting a state forest or park for the first time we strongly encourage you to call ahead for visitor information.

Ashland State Park
(Call Hopkinton State Park for information at 508-435-4303) West Union St., **Ashland.**
Rte. 495 to exit 21A, Rte. 135 east into Ashland.

Beartown State Forest
(413)528-0904 8lue Hill Road, **Monterey.**
Mass Pike to exit 2, Rte 20 east, Rte. 102 west, Rte. 7 south, Rte. 23 east, Blue Hill Rd.
Follow signs.

Bradley Palmer State Park
(978)887-5931 Asbury Street, **Topsfield.**
Rte. 1 north to Topsfield. Take right on Ipswich Road. Follow signs.

Photo by Jon Crispin

Borderland State Park
(508)238-6566 (Voice/TTY) Massapoag Ave., **North Easton.** Rte. 93 South to Rte. 128 north to Rte. 95 south. Take exit 10 and a left onto Rte. 27 toward Sharon. Through Sharon square and immediate right onto Pond St. Straight on Pond St. which will turn into Massapoag Ave. Follow signs.

Cape Cod Rail Trail, Dennis-Wellfleet
Rte. 6 to exit 9, Rte. 134 south, enter 1/2 mile on left or follow directions to Nickerson S.P.

Carroll Holmes Recreation Area
(413)367-0317 94 Lake Road, **Shutesbury.**
Rte. 91, exit 19 from the south and exit 20 from the north to Rte 9 east toward Amherst. Route 116 north to Rte. 9 to North Amherst to Rte 63 north. Eight miles north on Rte. 63 (Montague) and turn right on North Leverett Road. Go six miles from intersection.

Chicopee Memorial State Park
(413)594-9416 8urnett Road **Chicopee Falls.**
Mass Pike west to exit 8. Rte. 32 south to Rte. 20 east. Right on Monson Rd. Follow signs.

Cochituate State Park
(508)653-9641 Rte. 30, **Wayland.**
Mass Pike west to exit 13. Rte 30 east. Look for park on right.

Connecticut River Greenway State Park
(413)586-8706 Damon Road, **Northampton.**
Rte. 91 to intersection of Rte. 9 and Damon Road.

D.A.R. State Forest
(413)268-7098 Rte. 112, **Goshen.**
Mass Pike west to exit 4, Rte. 91 north exit 19-Northampton, Rte. 9 west to Goshen, Rte. 112 north, follow signs.

Douglas State Forest
(508)476-7872 Wallum Lake Rd., **Douglas.**
Mass Pike west to exit 10, Rte. 395 south, Rte. 116 east for 5 miles. Follow signs

Dunn Pond State Park
(978)632-7897 Rte. 10 **Gardner.**
Rte. 2 to exit 24 (Rte. 140 North), left at second light onto Rte. 101 South. Park on left.

Erving State Forest
(978)544-3939 200 East Main Street, **Erving.**
Rte. 2 to the center of Erving, turn at the Fire Station. Follow signs.

Fall River Heritage State Park
(508)675-5759 Davol Street, **Fall River.**
Rte. 24 south to first Fall River exit after the airport entrance. 8ear right on Rte. 79.
Follow signs.

Fort Phoenix State Reservation
(508)992-4524 Green St., **Fairhaven.**
Rte. 24 to Rte. 140 south to Rte. 195 east to Rte. 240 south to Rte. 6 west. Follow signs.

Halibut Point State Park
(978) 546-2997 Gott Ave., **Rockport.**
Rte. 128 to Gloucester. At rotary go 3/4 around and take Rte. 127. Follow for 6 miles. Take left on Gott Ave.

Photo by Tim Zelazo

Hampton Ponds State Park
(413)532-3985 Rte. 202 **Westfield.**
Mass Pike west to exit 3, Rte. 10/202 north, at traffic light follow Rte. 202. Park 2 miles on left.

Harold Parker State Forest
(978)686-3391 1951 Turnpike Rd., **N. Andover**
Rte. 95 to Rte. 114 west for 10 miles.
Follow signs

Holyoke Heritage State Park
(413)534-1723 (Voice/TTY)
Appleton Street, **Holyoke.**
Mass Pike to exit 4. Rte. 91 north to Rte. 202 north(exit 16). Right at 7th light.

Hopkinton State Park
(508) 435-4303 Rte. 85, **Hopkinton.**
Rte. 495 to exit 21A to Main Street Hopkinton, left on Rte. 85. Follow signs.

Horseneck Beach State Reservation
(508)636-8816 Rte. 88, **Westport.**
Rte. 24 south to I-95 east, to Rte. 88 south.
Follow signs.

Lake Dennison State Recreation Area,
978)939-8962 Rte. 202, **Winchendon.**
Rte. 2 west to exit 20, right onto 8aldwinville Rd. right onto Rte. 202 north. Follow signs.
(Two miles beyond Otter River State Forest)

Lawrence Heritage State Park
(978)794-1655 (Voice/TTY)
Jackson St., **Lawrence.**
Rte. 495 (Lawrence) to exit 45 (Marston St.).
Left on Canal St. Three blocks to Jackson St.

Lowell Heritage State Park
(978)453-0592 (Voice/TTY)
Pawtucket Blvd., Lowell.
Rte. 495 to "Lowell Connector" exit. Follow to exit 5N and follow signs.

Lynn Heritage State Park
(781)598-1974
Washington and Union Street, Lynn.
Rte. 1A north to Union Street.
Follow signs.

Massasoit State Park
(508)822-7405 Middleboro Ave., **E. Taunton.**
Rte. 24 south to Rte. 44. Follow signs.

Mohawk Trail State Forest
(413)339-5504 Rte. 2, **Charlemont.**
Rte. 2 west. Four miles west of Charlemont Center.

Mt. Greylock State Reservation
(413)499-4262 Rockwell Rd., **Lanesborough.**
Mass Pike to exit 2. Rte 20 west. Rte. 7 north to Lanesborough to North Main St. Follow signs.

Mt. Sugarloaf State Reservation
(413)586-8706 Rte. 5, **South Deerfield.**
Mass Pike to exit 4. Rte. 91 north to exit 24.
Rte. 116 east. One mile on left.

Mt. Tom State Reservation
(413)534-1186 Reservation Rd., **Holyoke.**
Mass Pike to exit 4. Rte. 91 north to exit 17A.
Rte. 5 north for 4 miles.

Nickerson State Park
(508)896-3491 Rte. 6A, **Brewster.**
(508)896-4615 Campsite reservations.
Rte. 6 to exit 12, follow signs to park.

Norwottuck Rail Trail
(See Connecticut River Greenway State Park)

Photo by Jon Crispin

October Mountain State Forest
(413)243-1778 Woodland Road, **Lee.**
Mass Pike to exit 2, Rte. 20 west, take right on Center Street. Follow signs.

Otter River State Forest
(978)939-8962 Rte. 202, **Winchendon.**
Rte. 2 west to exit 20, right onto 8aldwinville Rd., right onto Rte. 202. Follow signs.

Pittsfield State Forest
(413)442-8992 Cascade St., **Pittsfield.**
Mass Pike to exit 2. Rte. 20 west toward New York state. Follow signs.

Quinsigamond State Park
(508)755-6880 North Lake St, **Worcester.**
Mass Pike to Millbury exit, Rte. 122 east to Rte. 20 east to Sunderland Rd. Take second right onto Lake Ave. (across Rte. 9). Follow signs.

Robinson State Park
(413)786-2877 North St., **Agawam.**
Mass Pike to exit 4, Rte. 91 south, Rte. 57 west, Rte. 187 north, to North St. Follow signs.

Salisbury Beach State Reservation
(978)462-4481 8each Rd., **Salisbury.**
Rte. 95 to Rte. 110 east to Rte. 1A north, follow signs.

Savoy Mountain State Forest
(413)663-8469 Central Shaft Rd., **Florida.**
Rte. 2 south to Central Shaft Road. Follow signs.

Scusset Beach State Reservation
(508)888-0859 Scusett 8each Road, **Sandwich.** Rte. 3 to Sagamore 8ridge traffic circle. Follow signs.

Streeter Point Recreation Area
(Call (508)347-9316 or Wells State Park at (508-347-9257) Rte. 20, **Sturbridge.**
Mass Pike west to exit 9. Rte. 20 west.
Follow signs.

South Cape Beach State Park
(508)457-0495 Great Neck Road, **Mashpee.**
Rte. 3 south over the Sagamore Bridge. Rte. 6 south to exit 2. Rte. 130 east to Mashpee rotary. Exit rotary at New Seabury signs.
Follow Great Neck road to end.

Wachusett Mountain State Reservation
(978)464-2987 Mountain Rd, **Princeton.**
Rte. 2 west to Rte. 140 south, 2 miles to Mile Hill Rd. Pass ski area and continue up hill.

Walden Pond State Reservation
(978)369-3254 Rte. 126, **Concord.**
Rte. 2 to Rte. 126 south. Follow signs.

Wendell State Forest
(413)6S9-3797 Montague Rd., **Wendell.**
Rte. 2 east to Rte. 63 south through Millers Falls. Take Wendell Rd. over R.R. bridge. Take Montague Rd. and follow signs.

Western Gateway Heritage State Park
(413)663-6312 (Voice/TTY) Rte. 8, **North Adams.** Rte. 2 to Rte. 8 south. Follow signs.

Wompatuck State Park
(781)749-7160 Union St., **Hingham.**
Rte. 3 to exit 14, left onto Rte. 228, through traffic lights. Follow signs.

Photo by Kindra Clineff

Land Based Recreation

Cabins are available for rent year round. Reservations and fee of $8 - $10 per night are required.

Mohawk Trail State Forest
Savoy Mountain State Forest

Cycling

Handcycles are multiple speed large tricycles with quad cuff hand grips propelled by hands, arms, and upper body. Available at concessions for rental use at the following sites:

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(508) 896-8200

Norwottuck Rail Trail, Hadley
(413) 584-4466

Wompatuck State Park, Hingham
(781) 878-0210 (weekends only)

Photo by Kindra Clineff